



# Montgomery

Emergency Preparedness and Response

*Plan to be Safe.*

# Plan



## You can do this!

Collect these nine essential items to help you shelter-in-place in the event of an emergency.

Start here

### 1 Water



One gallon per person, per day for three days.

### 2 Food



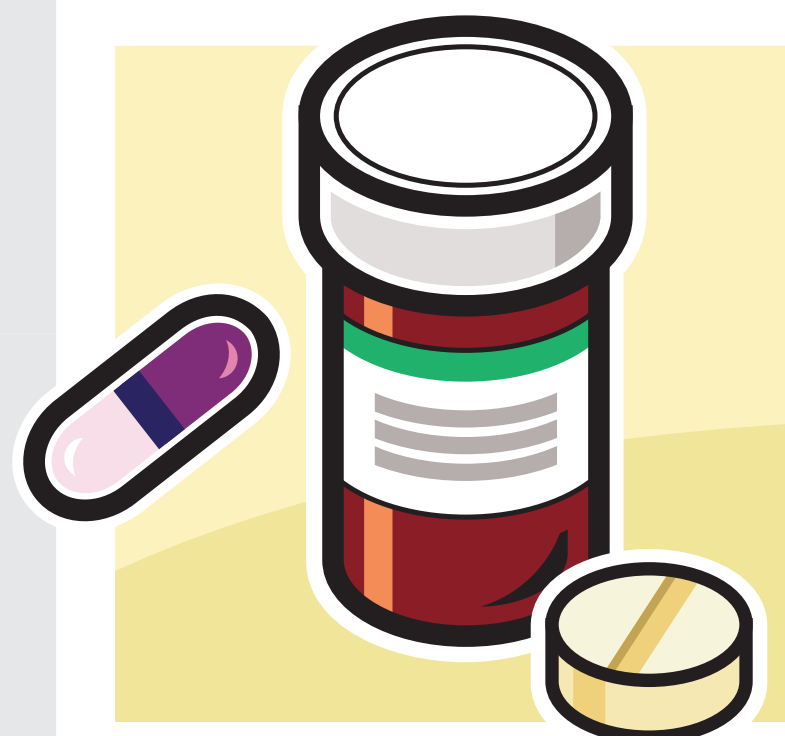
Non-perishables such as canned or packaged food.

### 3 Clothes



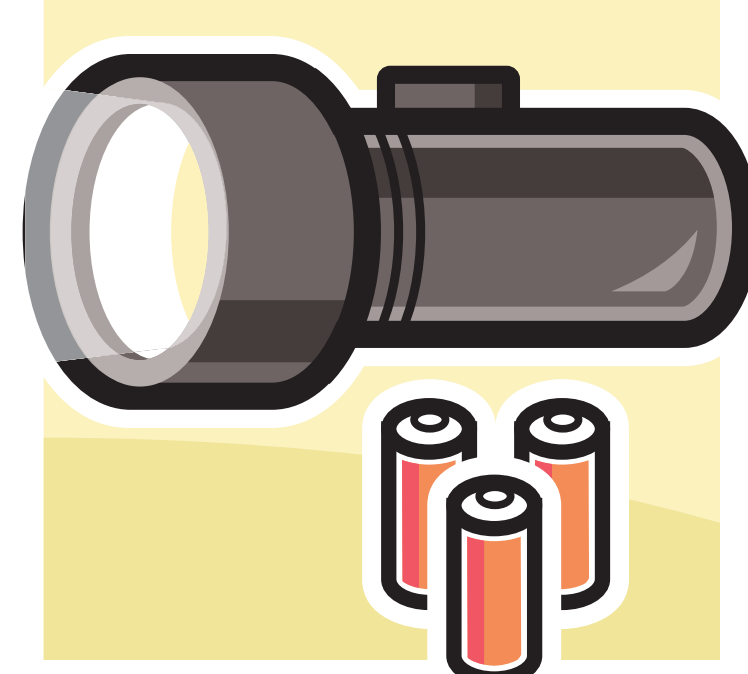
One change of clothes and footwear per person.

### 4 Medications



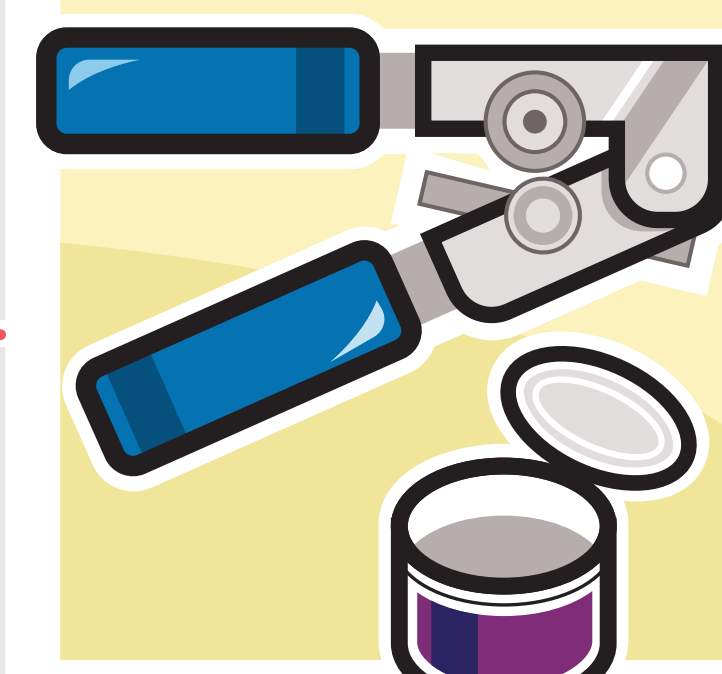
Three days' worth of prescription medications.

### 5 Flashlight



A bright flashlight and extra batteries.

### 6 Can Opener



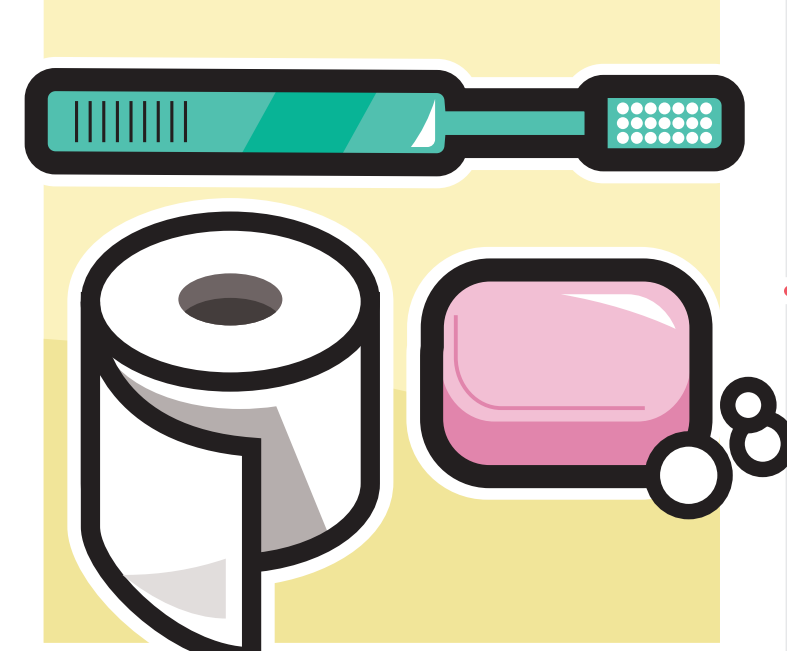
Manual can opener in case there's no electric power.

### 7 Radio



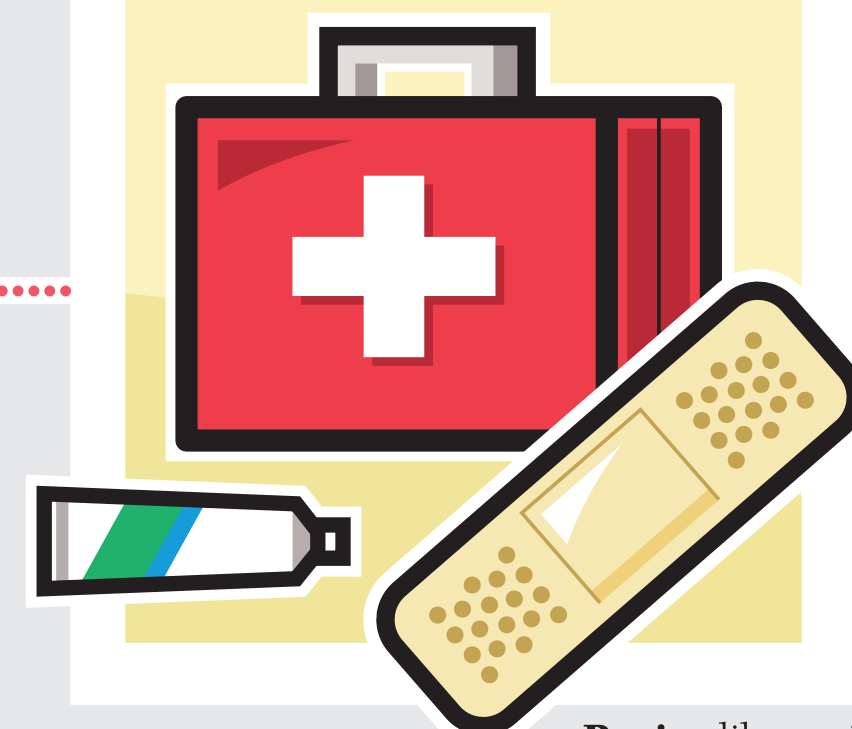
Battery-powered radio and extra batteries.

### 8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

### 9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.

Done!

**For more information** about emergency preparedness, contact:

Montgomery County, Md.	<a href="http://montgomerycountymd.gov">montgomerycountymd.gov</a>
American Red Cross	<a href="http://redcross.org">redcross.org</a>
Centers for Disease Control	<a href="http://cdc.gov">cdc.gov</a>
Disaster Help	<a href="http://disasterhelp.gov">disasterhelp.gov</a>
Federal Emergency Management Agency	<a href="http://fema.gov">fema.gov</a>
U.S. Department of Homeland Security	<a href="http://ready.gov">ready.gov</a>



If you don't have access to a computer and need information, please contact the Montgomery County Health and Human Services Information Line at 240-777-1245 and (TTY) 240-777-1295.